

Celebrating Strengths – Using strengths-based approaches in teaching, learning and working with young people

Two-day workshop: 30 & 31 March 2012.

Facilitated by Jenny Fox Eades, Director of the Celebrating Strengths Programme, UK

Hosted by: St Catherine's School, Waverley, SYDNEY, Australia

Are you an experienced teacher or coach? Would you like to deepen your understanding of positive, strengths based approaches in schools or other organisations? Celebrating Strengths is a methodology which supports organisations as they become flourishing, strengths-based communities.

In this unique, experiential workshop you will explore a range of 'strengths-based approaches' to teaching, learning and working with young people, with the opportunity to observe these techniques in the classroom. Focusing on strengths has been shown to increase life satisfaction, teacher confidence, improve resilience and support achievement. You will explore how to identify and use strengths in 1:1 work, in both small and large groups and how to embed a focus on 'character strengths and virtues' in a classroom, school or other organisation. You will have the opportunity to explore how to develop a strengths approach in your own particular context and post-workshop support will be available to help you to do this.

Day One: An introduction to Celebrating Strengths

- Jointly hosted by St Catherine's school – strengths based activities
- Setting intentions and using strengths
- Evolution and outline of the Celebrating Strengths Methodology – theory and application

Day Two: Adapting Celebrating Strengths for YOUR organisation

- Strengths, stories and celebrations
- Story telling as a teaching and coaching technique
- Holding a Strengths Enquiry
- Creating meaningful traditions.



About Jenny Fox Eades - lead facilitator

Jenny Fox Eades BA MA DipTh. PGCE is an independent education advisor and project leader who works with schools in the UK, in Australia and in Denmark. She is the author of *Classroom Tales*, (2006, Jessica Kingsley) *Celebrating Strengths: Building Strengths-based Schools* (2008: CAPP Press) and co-author of *Strengths Gym*, a PSHE programme for secondary schools (2009: PPRC). She will be a keynote speaker at positive psychology conferences in Denmark and in Australia in 2012. Jenny trained as a special needs teacher, has qualifications in counselling and group therapy and a Masters degree in Psychoanalytic Observational Studies. She has been applying findings from the field of positive psychology since 2004 and is now a PhD student at Edge Hill University. She is currently training to teach the Alexander Technique. She is a founder member of Positive Workplace International.

Feedback from participants of the Celebrating Strengths programmes:

"I have done so much cerebral learning about Positive Psychology and Appreciative Inquiry – it was refreshing to see and hear it from a more grounded, mindful, tactile space."

"Thank you all for what was a truly remarkable workshop – nourishing, positive and memorable. I am excited about the future possibilities on this journey with you all."

Theoretical Underpinnings

- Appreciative inquiry is a method for discovering, understanding and fostering innovations through the gathering of stories and images of organisational and individual strengths
- Positive psychology is the scientific study of what builds strengths, well-being and flourishing
- Psychodynamic theory explores the emotional and unconscious processes at work in 1:1 and group relationships
- Virtue ethics, stretching back to Aristotle, is the branch of philosophy most concerned with character and moral development
- Mindfulness teaches us to cultivate and strengthen the mind's capacity to be fully present
- The Alexander technique extends conscious awareness to the body and its environment.

What are some of the benefits of the Celebrating Strengths programme?

1. Developed by teachers with over 20 years teaching experience, and trialled by teachers and students in five years of intensive work in schools in the UK
2. Includes community celebrations and festivals, and oral story telling which embed long lasting positive change into the life of the school
3. Is a coaching programme for the WHOLE school, not just for individuals.

Celebrating Strengths was evaluated by psychologists from the Centre for Applied Positive Psychology in the UK.

Enhancements in pupils include:

- emotional and social well-being, self-confidence and self-esteem and motivation to achieve
- citizenship and relationships skills
- ability to identify strengths in themselves and in other people
- listening skills and literacy skills for story-telling
- respect for teachers

Enhancements in school staff teams include:

- quality of staff relationships and interactions
- teachers' resilience and capacity to deal with difficult behaviour and students
- staff and school effectiveness
- teacher confidence, engagement and enjoyment

Benefits to the whole school environment include

- calmer school environment that helped students including at examination times
- environment is calmer and more respectful
- school environment is a happier place for both children and staff alike
- improved the educational and social culture.



Workshop Details

- **\$600 AUD (plus GST) per person**
- Friday 30th – Saturday 31st March 2011.
- 9am-5pm each day
- Location: St Catherine's School
26 Albion Street, Waverley NSW 2024, Australia
- Fee includes morning and afternoon breaks, lunch, workshop handouts

This workshop is limited to approximately 25 participants (if the program is over-subscribed we may offer a 1 day intensive on Monday 2 April or explore a workshop 2012/13 when Jenny is next in Australia – please indicate your preference on your application form.

Enquiries

Ingrid Studholme – Workshop Coordinator and Celebrating Strengths Coach
Ph: (0422) 418 704
ingrid.studholme@nardoo.net

Anne Johnstone – Deputy Headmistress of St Catherine's School
Ph: (02) 8305 6325
ajohnstone@stcaths.nsw.edu.au
cc: sdevendran@stcaths.nsw.edu.au

Jenny Fox Eades - Celebrating Strengths, UK
jenny@celebratingstrengths.com

Who might be interested in this workshop and community of practice?

This workshop will be of interest to educators, coaches and other professionals with previous experience of helping others to flourish.

What else can I do in order to use Celebrating Strengths in my organisation?

- Annual Licence fee for Celebrating Strengths materials (suitable for primary schools). Total £150 (approx AUD\$300). Packs contain ideas and materials to get going. Updates of new materials are free (Additional fees for additional schools).
- Membership of a Celebrating Strengths Group £195 (AUD \$390) for 10, monthly calls.
- 1:1 coaching £50 per session (approx AUD\$100).